



EATING AWAY FROM HOME IMPACTS FRUIT AND VEGETABLE CONSUMPTION AMONG AFRICAN AMERICANS

The *African American 5 a Day Campaign* strives to make eating the recommended amount of fruits and vegetables and enjoying daily physical activity a reality for more African American families. As part of that goal, we surveyed 525 low-income African Americans in California to identify their food-related habits and preferences. We found that providing more options for healthy eating outside of the home can help African Americans eat more fruits and vegetables.

How often do African Americans eat out?

The majority of the African Americans surveyed reported out-of-home eating weekly or less often (61%). Of these, only 2 percent never ate out. The remaining respondents dined out two or more times per week and were classified as regular diners (39%).

African American adults who dined out regularly ate significantly fewer servings of fruits and vegetables than those eating out less frequently (2.7 vs. 3.3 servings, $p < .001$). Frequent diners were also less likely to meet the daily recommended number of fruit and vegetable servings (13%

vs. 21%, $p < .05$). In this survey, out-of-home eating was associated with lower fruit and vegetable intake.

Where do African Americans eat out most often?

When dining out, fast food was the most popular restaurant choice among African Americans (29%). Casual sit-down restaurants ranked second (26%) and soul food establishments came in third (22%).



A complete summary of the methods, survey, and data is available in the California African American 5 a Day Campaign Formative Research Report: Festival Survey.

Suggested Reference: Keihnner, A., Adkins, S. and Scruggs, V. Out-of-Home Eating Relates to Fruit and Vegetable Consumption Among African Americans. California Department of Health Services, Sacramento, CA: June, 2004. Accessed at <http://www.dhs.ca.gov/ps/cdic/cpns/aa/researchbriefs.htm>.

African Americans who reported eating at fast food restaurants most often ate significantly fewer servings of fruits and vegetables (2.5 vs. 3.3 servings, $p < .001$) and were less likely to reach the daily recommended number of fruit and vegetable servings (8% vs. 21%, $p < .001$).

When looking at the other types of dining establishments, no differences were found in fruit and vegetable intake. Findings indicate that dining at fast food restaurants most often, when eating out-of-home, is related to lower fruit and vegetable consumption.

This information is brought to you by the *African American 5 a Day Campaign*.

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